

Culinary Arts Foundations: Week 14

Day 1: Poached Egg Lab

- **Objective:** Demonstrate ability to properly poach an egg
- **No Starter**
- **Assignment:**
 - **Lab: Poached Egg**

Note: Have each group prepare a different type of egg (i.e. Scramble, fried, over easy) and compare. Make scrambles eggs using fresh, frozen and dried and compare the difference in taste, texture and appearance.

Day 2: Quiche Lab: Day 1

- **Objective:** Determine the correct way to make a pie crust. Mise En Place ingredient for quiche
- **No Starter**
- **Assignment:**
 - **Pie Crust:** Split the class up into 2 groups and work with each group to make their pie crust for the quiche.

Note: Possibly have different groups make different types of quiche and compare. Make a soufflé or frittata.

Day 3: Quiche Lab: Day 2

- **Objective:** Demonstrate ability to make a quiche following safety and sanitation guidelines
- **No Starter**
- **Assignment:**
 - **Prepare Quiche for baking**

Day 4: Quiche Lab: Day 3

- **Objective:** Evaluate the taste, texture and appearance of quiche.
- **No Starter**
- **Assignment:**
 - **Quiche Lab Evaluation**

Day 5: Beating Egg Whites

- **Objective:** Practice the process of beating egg whites to create foam. Determine the different uses of egg white foam.
- **No Starter**
- **Assignment:**
 - **Whip egg whites to make a product. (Possibilities: Meringue cookies)**

Note: This is 5 days in the Threshold—possibly switch out for Monday of next week.

QUICHE

Quiche is a flavorful custard baked in a pastry shell. It is supposed to have originated in Lorraine, a French province, and so the best known of these custards is Quiche Lorraine. It can be served as either a main dish or appetizer. A 9-or 10-inch quiche makes 6 to 8 main dish servings or 10 to 12 appetizer servings.

Do not prick a quiche crust before baking or the crust will become soggy from the egg mixture. Use one of several methods to prevent the crust from shrinking and raising.

When a large 9- or 10-inch diameter quiche is done, a knife inserted off-center, halfway between the center and edge of the quiche should come out clean--no egg mixture clinging to the knife. Push the knife only about 2/3 of the way down into the filling or it will meet the sticky cheese layer at the bottom. The center of the quiche continues to cook during the 10-minute standing time.

CHEDDAR ~~BACON~~ QUICHE

1 BASIC PASTRY RECIPE

8 oz. fully cooked ~~bacon~~, cut in
1/4-inch cubes (about 1-1/3 cups)
1-1/2 cups shredded Cheddar cheese (6 oz.)

3 eggs, slightly beaten
2 cups half-and-half
1/2 tsp. salt
1/8 tsp. pepper
Dash ground nutmeg

1. Prepare Basic Pastry recipe below. Reduce oven temperature to 375 degrees.
2. Sprinkle first cheese and then ~~bacon~~ mixture in pastry shell.
3. In a medium bowl, combine eggs, half-and-half, salt, pepper and nutmeg. Beat with a fork or whisk until well mixed but not frothy.
4. Pour egg mixture over ham mixture in the pastry shell.
5. Bake 45 minutes or until a knife inserted off-center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

BASIC PASTRY

1-1/3 cups all-purpose flour
1/2 teaspoon salt

1/2 cup shortening
3 to 4 Tablespoons cold water

Preheat oven to 400 degrees. In a medium bowl, mix flour and salt. Cut in shortening with a pastry blender or 2 knives until dough resembles course peas. Add cold water 1 tablespoon at a time until flour is moistened. Shape dough into a ball. On a lightly floured board, roll out dough until it is about 2 inches larger than an inverted 10-inch pie plate or three inches larger than an inverted quiche pan.. Fit dough into the pie plate or quiche pan. Trim edges, fold under and flute; do not prick the pastry shell. Bake 7 minutes. Remove from oven; set aside.

STANDARD PASTRY

* For one 9-inch SHELL * Use for quiche

1 c. all-purpose flour
1/2 t. salt
1/3 c. shortening
2 T. cold water

For two 9-inch crusts

2 c. all-purpose flour
1 t. salt
2/3 c. shortening
4 T. cold water

1. Sift together flour and salt into mixing bowl.
2. Cut in 1/2 of shortening with pastry blender until mixture resembles coarse meal.
3. Cut in remainder of shortening until size of small peas.
4. Sprinkle cold water -- 1 T. at a time -- tossing with fork until flour is moistened and pastry almost cleans sides of bowl.
5. Gather pastry into a ball with hands. (Divide dough into half for 2-crust pies)
6. Place in center of floured pastry cloth or lightly floured board. Flatten slightly
7. Roll pastry to a diameter 1-1/2 inches larger than inverted pie pan.
8. Fold loosely into quarters -- lift into pie pan -- unfold and ease into pan. Press pastry lightly into pie pan, but Do Not Stretch.

Continue as directed below, or follow your recipe

FOR ONE-CRUST FILLED PIE (such as pecan, pumpkin, etc.)

1. Trim pastry to 1 inch from rim of pan.
2. Fold and roll edge of pastry under -- even with edge of pan.
3. Flute edges.
4. Fill and bake as directed in recipe.

FOR BAKED PIE SHELL (cream pies)

1. Trim pastry to 1 inch from rim of pan.
2. Fold and roll edge of pastry under -- even with edge of pan. Prick with fork.
3. Bake at 475 degrees for 8 to 10 minutes -- until golden brown.
4. Cool before filling.

FOR TWO-CRUST PIE (fruit pies)

1. Prepare bottom crust using 1/2 of dough. Fit into pie pan.
2. Trim to outer edge of pie pan.
3. Fill
4. Roll top crust -- using second 1/2 of dough. Slash to allow steam to escape.
5. Place top crust over filling.
6. Trim to about 1 inch beyond edge of pie pan.
7. Fold and roll top crust over bottom crust.
8. Flute edge.
9. Bake as directed by recipe.

***** Place ring of aluminum foil over edge until last 15 minutes of baking time.

Name _____ Date _____ Period _____

Directions: As you taste the quiche please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
Quiche			

1.) Define Quiche: (pg. 398) _____

2.) Define coagulation: (pg.394) _____

3.) What type of breakfast meat did we use in the quiche? _____

4.) List the 6 sizes of eggs. (pg.390) _____

5.) What was the most important thing you learned from this lab? _____

6.) Would you have done anything differently for this lab? Why/Why not?

7.) How well did your group work together in completing this lab?

Teacher Checklist:

- Group had ingredients prepped before lab _____
- Group Participated Equally in Lab _____
- Group followed recipe instructions _____
- Group followed correct sanitation practices _____
- Group had a quality product _____